

3 COLONOSCOPIES
ARE KEY

5 IMPROVING CARE
WITH TECHNOLOGY

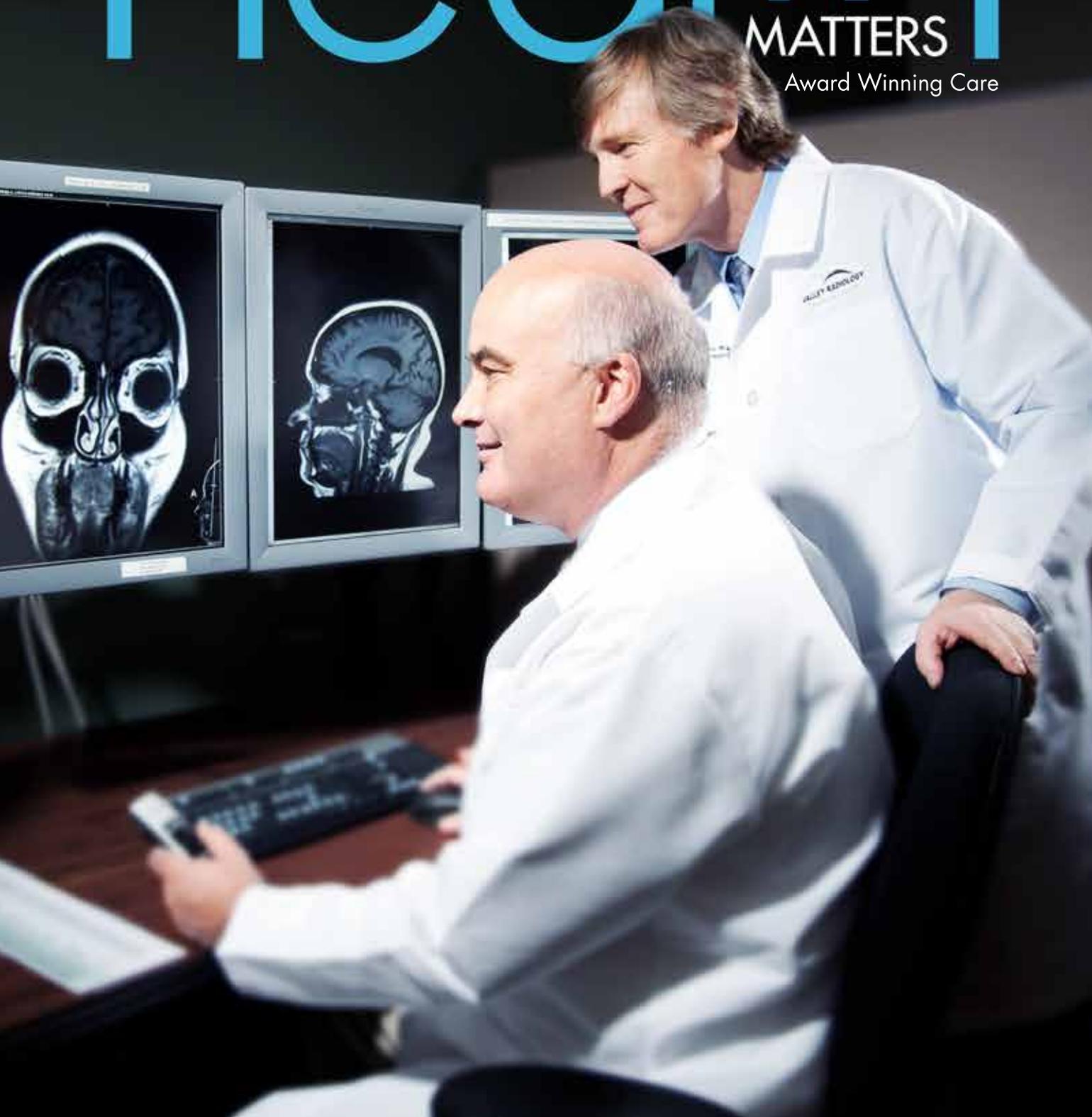
6 CARE FAR
FROM HOME

SUMMER 2014

YOUR health

MATTERS

Award Winning Care



A Firm Foundation



J. Gene Faile

This year promises to be an exciting, growth-filled time at Wilkes Regional. Much of our success this year will come in large part from the

many accomplishments that were made over the past year. Let's take a quick look back. We began 2013 by opening the Wound Healing Center of Wilkes Regional, the only Wound Care Center in the region offering hyperbaric oxygen therapy as a healing option. Later in March of 2013, we completed the construction of our new Emergency Department, significantly increasing the size and number of treatment rooms. We further elevated our hospital in the region in July when we received accreditation from the Society of Cardiovascular Patient Care, naming Wilkes Regional as the only accredited Chest Pain Center in the region.

Clearly, our many accomplishments in 2013 set a firm foundation for an outstanding 2014. During this year, we will see more new services, excellent new specialists joining us, and continued awards for achieving the highest standards in quality performance in the region. It is no wonder why the people of Wilkes County and the surrounding counties are making Wilkes Regional the hospital of choice for their families.

Wilkes Receives Prestigious Accreditation



Wilkes Regional in August was awarded full accreditation from the Society of Cardiovascular Patient Care. This recognition indicates that the hospital has achieved a higher level of expertise in dealing with patients who arrive with symptoms of a heart attack.

"We are thrilled to have received such a prestigious accreditation," says William Scarpa Jr., M.D., a cardiologist in the Heart Center. "This undoubtedly will improve the quality of care and services provided at Wilkes Regional."

Heart attacks are the leading cause of death in the United States, with 600,000 people dying annually of heart disease. The Accredited Chest Pain Center's approach to patient management allows physicians to reduce time to treatment during the critical early stages of a heart attack, when treatments are most effective, and to better monitor patients when it is not clear

whether or not they are having a coronary event. Such observation helps ensure that patients are neither sent home too early nor needlessly admitted.

Key areas in which an Accredited Chest Pain Center must demonstrate expertise include the following:

- ▶ Integrating the emergency department with the EMS service
- ▶ Assessing, diagnosing and treating patients quickly
- ▶ Effectively treating patients with low risk for acute coronary syndrome and no assignable cause for their symptoms
- ▶ Continually seeking to improve processes and procedures
- ▶ Ensuring the competence and training of Accredited Chest Pain Center personnel
- ▶ Maintaining organizational structure and commitment
- ▶ Having a functional design that promotes optimal patient care
- ▶ Supporting community outreach programs that educate the public to promptly seek medical care if they display symptoms of a possible heart attack

IT'S AN EMERGENCY

Learn more about emergency care at Wilkes Regional Medical Center. Call **336-651-8100**.

Top Grade In Region

Wilkes Regional receives 'A' for patient safety

Wilkes Regional Medical Center was awarded an "A" grade in the fall 2013 update to the Hospital Safety Score, which rates how well hospitals protect patients from accidents, errors, injuries and infections. The Hospital Safety Score was administered by The Leapfrog Group, an independent industry watchdog. It is designed to give the public

information they can use to protect themselves and their families.

"As patients begin to take a more active role in selecting where to receive healthcare, it has never been more important to focus on hospital safety and transparency," notes Leah Binder, president and CEO of Leapfrog.



J. Gene Faile, FACHE
President and Chief Executive Officer
Wilkes Regional Medical Center

Beat Colon Cancer

Detect colorectal cancer early with a colonoscopy

As screening rates for colorectal cancer have risen recently, the number of deaths from the disease has begun to fall. But the disease still remains on the list of top 10 causes of death in the United States for both women and men. More than 50,000 Americans will die of colorectal cancer this year. Half of these deaths could be prevented with timely screenings.

Like breast and prostate cancer, colorectal cancer can be detected early with routine screenings. But unlike other cancers, colorectal cancer can actually be prevented with its “gold standard” screening — colonoscopy.

Colorectal cancer usually starts as a slow-growing benign polyp. These polyps can be detected and removed completely during a colonoscopy so they can't

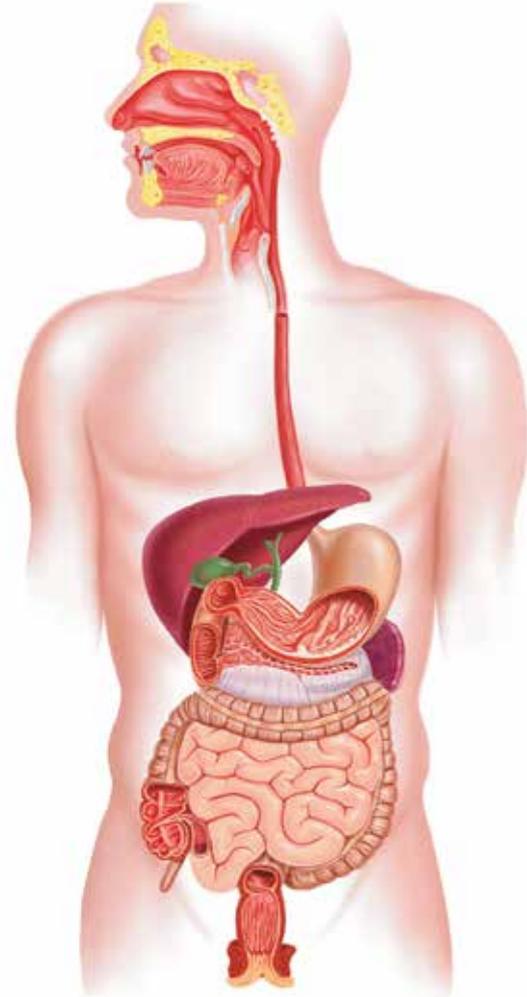
develop into cancer. If cancer is detected during the colonoscopy, it is highly treatable when caught early. However, after it has spread beyond the colon, five-year survival rates are low.

WHO SHOULD GET TESTED?

More than 90 percent of colorectal cancer diagnoses are in people over the age of 50. That's why the standard recommendation is for asymptomatic, average-risk people to have their first colonoscopy when they turn 50. Depending on the results, the doctor will recommend a screening schedule specific to the patient.

Anyone who has a first-degree relative (parent or sibling) with a history of colorectal cancer should talk to his or her doctor about beginning screenings earlier than age 50. Additionally, people with inherited genetic mutations that predispose them to colorectal cancer and those with inflammatory bowel diseases should begin screenings at an earlier age.

Lifestyle factors such as obesity, smoking and a diet high in fat can also be risk factors for colorectal cancer.



TALK TO US

Wilkes Regional Gastroenterology offers colonoscopy and other tests to help detect and prevent colon cancer. Call [336-903-6820](tel:336-903-6820) to learn more.

Ademola Aderoju, M.D.

New specialist joins Wilkes Regional Gastroenterology



Ademola Aderoju, M.D.
Gastroenterologist

Wilkes Regional Gastroenterology has a new member on staff. Ademola Aderoju, M.D., will be providing a full spectrum of GI services for inpatient and outpatient needs.

Originally from Nigeria, Dr. Aderoju is a graduate of Meharry Medical College in Nashville, Tenn. He completed his internal medicine residency and gastroenterology fellowship at the University of North Carolina Hospitals in Chapel Hill, N.C. He is a member of the American



College of Gastroenterology and American Gastroenterological Association.

If you'd like to schedule an appointment at Wilkes Regional Gastroenterology, please call 336-903-6820. A referral from a primary care physician is recommended.

Eat Your Fats

The right ones are good for your heart, general health

By William Scarpa, M.D.

Does your hair and skin feel dried out? Do you become depressed often? Get tired a lot? Then you might need more fat in your diet. That's right, more fat. As many as 25 percent of Americans are deficient in fat — more precisely, fatty acids.

Hard to believe? That's understandable as nutritional experts have railed against it for decades. But like all things nutritional, fat is not bad or good in itself. It's how you use it that matters. Eat it excessively and you are going to run into one set of health problems. But if you avoid it too much, you'll run into another set of health problems.

The fact is that fats are one of the three main constituents of food, along with carbohydrates and proteins. Like the other constituents, fats also play a vital role in nutrition. They are needed to help the body produce certain hormones, provide the lining and protective padding for body organs, and to help the body absorb fat-soluble vitamins, such as vitamins E and D that keep skin glowing and hair shiny. In addition, a little fat in each meal helps keep you from, well, getting fat because it helps give you a feeling of being full.

According to the experts, you need to get about 20 to 30 percent of your calories from fat. You won't get that minimum if you only eat "low-fat," "fat-free" or "lite" foods. Further, certain fats are better for you than others. Too much saturated fat is downright bad for you, and, according to the experts, should be kept to less than 10 percent of your overall daily food intake.

Derived mostly from animal sources such as butter, dairy products and red meats, and also from two oils used in prepared foods, palm kernel oil and coconut oil, saturated fats have been found to raise the level of artery-clogging cholesterol in the bloodstream.

THE RIGHT FATS

On the other hand, certain unsaturated fats are good for you. These include the polyunsaturated fat found in fish such as salmon, herring, sardines, trout and tuna, and in certain oils, such as corn, sunflower seed, soybean, safflower, flax seed, canola and sesame.



Shopping Tips

Here are a few tips to get your dietary fat intake back in balance. When shopping, choose lean meat and keep servings to 2 to 3 ounces, about the size of a deck of cards. Read food labels and pick items with a minimum of saturated fat. In addition, watch out foods containing

so-called "hydrogenated fat," which contain trans-fatty acids that are just as bad for your blood cholesterol levels as fatty meats. "Cholesterol-free" baked goods and peanut butter are two hiding places for trans-fatty acids.

Heart Center
of Wilkes Regional
with Wake Forest Baptist Health



Thomas Julian, M.D.
Board-Certified
Cardiologist



William Scarpa, M.D.
Board-Certified
Cardiologist

These fats tend to lower the amount of artery-clogging cholesterol in your bloodstream. Moreover, the very special polyunsaturated fat found in fish, omega-3, is thought to help prevent heart disease and breast cancer.

A diet of vegetables, fruit and the meat of wild animals generally offers the proper balance, with far more unsaturated than saturated fats. Unfortunately, meat from domesticated animals and processed vegetables and fruits are often skewed in the opposite direction. In many instances, common processing methods can destroy unsaturated fats.

We also tend to eat foods and oils that are high in saturated fats and low in unsaturated fats, such as vegetable oils, shortenings, butter and margarine. More and more research indicates that because we have altered this natural balance, we may unwittingly be contributing to our high rates of cardiovascular disease, cancer and other ailments.

TAKE CARE OF YOUR HEART

To learn more about services at the Heart Center, visit www.wilkesregional.org or call 336-651-8760.

Technology to Heal

Improving care and the patient experience

Wilkes Regional Medical Center offers our patients the most advanced medical equipment for providing safe, accurate and prompt care. Recent additions include stereotactic biopsy equipment, an MRI machine, 64-slice CT scanning and a TeleStroke robot. This state-of-the-art equipment makes testing and imaging experiences more comfortable for patients as well as more precise in diagnosing injury or illness.

LESS INVASIVE BIOPSY

A biopsy is a test done by physicians that involves removing tissue from a patient in order to examine it. Often biopsies are done to test for the presence of cancerous tissue. In the case of a breast biopsy, tissue is removed from a patient's breast to test for breast cancer.

Stereotactic biopsy, offered by Wilkes Regional, is a less invasive type of breast biopsy when compared to open surgical biopsy. The process uses mammography to

pinpoint a specific spot in the breast where tissue needs to be removed. This allows radiologists to directly biopsy through the skin, resulting in less pain and no scarring.

"Compared to a surgical biopsy, it is much more comfortable for the patient," says Jack McLarney, MD, chief radiologist with Valley Radiology. "It's an outpatient procedure and altogether it shouldn't take more than an hour. You'll walk out of the Diagnostic Center that day and get your results in less than a week."

A CLEARER IMAGE

Magnetic resonance imaging (MRI) uses magnetic fields to create detailed pictures of what patients' insides look like. Wilkes Regional's Vantage Titan MRI, made by Toshiba, represents the hospital's dedication to keeping abreast of new offerings in this technology.

The Titan MRI system offers impressive imaging capability and makes for a better patient experience. The machine

provides a 35 percent increase in imaging area compared to previous equipment and has a high field strength, which translates to better accuracy in imaging. Other features of the machine include reduced noise and the ability to have contrast-free imaging. The larger-sized bore also allows for a less claustrophobic patient experience.

In addition, Wilkes Regional has the capability to do 64-slice CT (or computed tomography) scans and cardiac scanning, known as CTAs. These scans give doctors high-resolution images of the heart and its blood vessels, which allow doctors to check for narrowed or blocked arteries without much discomfort to patients.

"The machine gives us a detailed, 3-D picture of a patient's blood vessels," says Dr. McLarney. "It is really helpful in diagnosing heart disease."

ROBOTIC SOLUTIONS

The InTouch® TeleStroke robot network is another technology available at Wilkes Regional. It includes multiple screens that stream video and information about a stroke patient to a neurologist in the network at Wake Forest Baptist Health Neurosciences Department. This lets stroke patients receive individualized care 24/7 from a neurologist who is stroke fellowship-trained. In the Emergency Room, the Telestroke Robot, Dr. Rosie, becomes a part of the Emergency Medicine team to assist in the evaluation and care plan of the patient.

"Timing and receiving quick care are extremely important for patients who are evaluated for potential strokes," says Hayes Calvert, DO, Emergency Department Medical Director. "The TeleStroke system lets us make sure they get high-quality care right away."



'They Treated Us Like Family'

Business traveler receives needed care

When you have a loved one going into the hospital, it can be a nerve-wracking experience. Add being away from home into the mix, and you've got a recipe for anxiety.

This was exactly the situation Brandon Stuerke's mother-in-law, Mary Ellebracht, found herself in last July. Stuerke had a high fever and abdominal pain while travelling alone in North

Carolina. Seeking immediate treatment, he ended up at Wilkes Regional Medical Center's ER.

Luckily for the father of three and his family, he soon was improving due to the work of hospitalist Binal Ladani, M.D., and the staff at Wilkes Regional. This gave immeasurable comfort to Ellebracht, a licensed practical nurse in Missouri who was concerned for him.

"Having been an L.P.N. for over 43 years, my concern about Brandon's condition and resulting care was probably exaggerated because I thought of all things that 'could happen,'" she recalled.

Talking to him frequently during his eight-day stay, her fears were alleviated. He constantly reassured her that he was being well cared for at the hospital. "I was blessed to hear how the nurses on all shifts who cared for him in room 362, the staff in the scan rooms, Dr. Ladani, and everyone he came into contact with were caring, compassionate, competent and supportive," Ellebracht said.

By the end of his ordeal Stuerke was fatigued and had lost weight, but he left the hospital in high spirits and, according to Ellebracht, "pain-free ... and well on the road to recovery."



Brandon Stuerke with his wife, Becky, and children, Gwen (top), Calvin and Briana.

Hospitalists: Your Family Physicians for Inpatient Care

If you are admitted to Wilkes Regional, chances are you will interact with a hospitalist during your stay.

What is a hospitalist? It is a physician who focuses primarily on hospital medicine, or the care and welfare of hospitalized patients. Hospitalists at Wilkes Regional are here to help

you answer questions you may have, provide immediate care in the case of an emergency, and continually communicate with and inform your primary care physician about your condition.

All hospitalists are family and internal medicine physicians who specialize in hospital medicine. They go through the

same rigorous training as other doctors.

Because hospitalists focus on care 24/7, they are well-equipped to deal with problems that may come up during a hospital stay. Also, they can help spot inefficiencies and other problems within hospitals, making the overall experience better for everyone involved.

A Joint Effort

Hip, knee, shoulder replacements improve quality of life



Joints are important bone connectors. Over time, arthritis or simply years of use may cause the joint to wear away. This can cause pain, stiffness and swelling.

If you have arthritis pain in part of your knee, hip or shoulder that cannot be controlled by medication, you may be a candidate for a joint replacement surgery.

More than 1 million Americans have a hip or knee replaced each year. Research has shown that even if you are older, joint replacement can help to reduce pain and improve your range of motion.

KNEE

There are several common surgical options available to treat arthritis of the knee. These include: arthroscopy, osteotomy, partial knee replacement and total knee replacement. Total knee replacements are one of the most successful procedures in all of medicine. According to the Agency for Healthcare Research and Quality, more than 600,000 knee replacements are performed each year in the United States.



Steven R.
Anderson, M.D.

Board-Certified
Orthopedic
Surgeon



HIP

Hip replacement surgery is a safe and effective procedure that can relieve your pain, increase motion, and help you get back to enjoying normal, everyday activities. Since 1960, improvements in joint replacement surgical techniques and technology have greatly increased the effectiveness of total hip replacement.

According to the Agency for Healthcare Research and Quality, more than 285,000 total hip replacements are performed each year in the United States.

SHOULDER

Hip and knee replacement surgeries in the United States far outweigh shoulder replacement operations, but the latter can be just as beneficial in relieving pain and restoring function. Today, about 53,000 people in the U.S. have shoulder replacement surgery each year, according to the Agency for Healthcare Research and Quality.

A JOINT DECISION

Learn more about joint replacement at Orthopaedic Specialists of Wilkes at [336-903-7845](tel:336-903-7845).

Is Joint Replacement for Me?

How do you know if you are a candidate for knee, hip or shoulder replacement? Here are some questions to ask yourself:

- Is the pain severe enough that it interferes with my everyday activities?
- Do I have moderate to severe pain while resting?
- Do I have loss of motion and/or weakness in the joint?
- Does the pain fail to improve with other treatments such as anti-inflammatory medications, cortisone injections or physical therapy?



GOLD SEAL OF QUALITY

www.wilkesregional.org



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